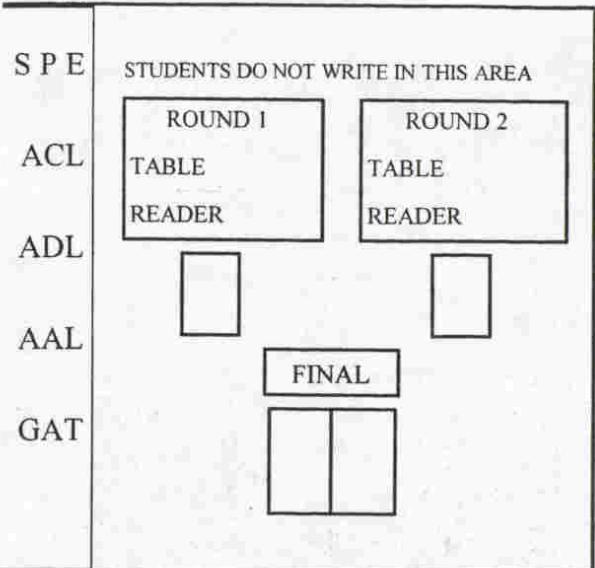


Idaho 9th Grade Direct Writing Assessment

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As a person matures, many people and objects are responsible for providing experiences that will instill insight and understanding in the young learner. These lessons come from many different sources, but in my case, I believe that the most valuable lesson that anyone could learn was taught by my mother. Always my center of ethical reasoning, I truly took to heart what she taught me, and it continues to guide me in how I conduct myself every day.

When I was younger, I was extremely aggressive and excitable. It was my fervent belief that the best way to deal with frustration was to make sure everyone was aware that I was unhappy, so that they would come to me and solve the problem for me, and I could do what I wanted. The incident that I remember most occurred at a time when I was particularly stressed, but wasn't able to do anything about it. With no other vent for my frustration, I began tearing apart my room, actually knocking over a bookshelf and spilling its contents all across the room. Responding to all the noise, my mother burst into the room, afraid that I was hurt. When she saw what I had done, I was sure I would be punished. Instead, my mother calmly asked me if I would help her clean up. I cautiously agreed, and we began

to straighten up everything I had wrecked. As we worked, we spoke about what I had done and why. While she agreed that it was normal to get angry, she asked me one great question that still influences how I act today. Does anything good happen while I'm angry? After considering this for a while, I tentatively responded that the answer was no. This great truth, that anger is pointless and doesn't help anything, still guides my actions today.

Every time that I feel like taking my anger out on others, I consider this lesson that I learned. If the things that I would do can't help and will probably do the opposite, then why even do them? I can't claim that I never get angry, but I try to control it and prevent it from influencing my actions. This has led me to be more rational with people who bother me, and to always think before I act out of frustration.

I though it happened when I was still young, I believe that this experience will always be with me. As a guide to life, this lesson will always make sure that I prevent my actions from hurting myself or others, and that I always work to achieve peace and happiness for everyone.

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